



Day Opportunities Daily Planner

Afghan & Persian New Year Week

Date 19/03/2024

Time	Activity		
10:00 – 11:00	Coffee Morning and Chat about Afghan New Year Facts		
11.00 – 12:00	<u>Group 1</u> Making Birthday Cake/ Preparing Dessert with Melissa	<u>Group 2</u> Senior Sing-along with Jenny	
12:00-12:30	<u>Group 1</u> Seated Exercise with Sue	<u>Group 2</u> Cognitive stimulation with Maria	
12:30-13:30	Lunch		
13:30- 14:30	<u>Group 1</u> Match the Cards Game with Melissa	<u>Group 2</u> Quiz with Sue	
14:30- 15:00	Celebrating Birthday/ Afghan New Year with Music & Afghani Tea (Shir-chai)		